



THE GRAPEVINE

VOL. 5, ISSUE #6
JULY - SEPTEMBER 2014

U.S. NAVAL HOSPITAL
OKINAWA, JAPAN

A CONTINUING TRADITION OF
SERVING WITH COMPASSION AND CARE

INSIDE:

WELCOME XO: CAPT KORSNES
PAGE 2

CMC: BRILLIANT ON THE BASICS
PAGE 3

MEET THE OMBUDSMEN
PAGE 5

HELICOPTERS!
PAGE 6

S2M2 COMES TO USNHIO
PAGE 8

XO: Keeping USNHO our patients' first choice

Captain Jeffrey N. Korsnes, Executive Officer, U.S. Naval Hospital Okinawa

As I embark upon my new assignment as your Executive Officer, my expectations of you, and of myself, are pretty straight forward: follow the guidance of the Commanding Officer and higher authority, accomplish our mission in the delivery of high quality healthcare, and take care of our staff.

The Chief of Naval Operations has 3 tenets to guide our decision making: *Warfighting First*, *Operate Forward*, and *Be Ready*.

The CNO's intent is to train, equip, and support our Sailors so that we remain the preeminent Navy in the world. We will maintain a presence in areas around the world vital to our national interests, and we will be capable of deploying anywhere at any time.

In support of the CNO's intent, the Navy Surgeon General's priorities are Readiness, Value and Jointness (RVG). We keep the warfighters fit to fight, and care for their families to enable the warfighters to focus on their mission. We employ evidence-based methods and metrics of performance to provide the highest quality healthcare at the lowest cost; and we utilize all available resources, whether Navy, a sister service, or another government or civilian agency, to provide safe, efficient and effective healthcare.

Our Commanding Officer's vision for the Command encompasses these guiding principles, and provides a simple way ahead. We lead, we work as a team, and we deliver quality. Patient care is our #1 mission priority, and Captain Swap has tasked each of us to continually strive to investigate, evaluate and deliver the highest quality healthcare that we can



possibly provide for our patients.

As your Executive Officer, my pledge to you is that I will be clear, fair and consistent. I will try to provide clear, unambiguous guidance, and I won't play favorites. If a decision won't benefit a Division, Department, Directorate or the Command, then I probably won't endorse a request from an individual. My decision making is based upon the marching orders of our Commanding Officer, and Department of Defense, Department of the Navy, Navy Medicine, Navy Medicine West and III Marine Expeditionary Force guidance. I learn and follow regulations, instructions and standard operating procedures, and I expect the same of each of you.

I expect everyone to do his or her best to get the job done. Everyone must pull their weight, but try to work smarter- not just harder. Look for weaknesses in our operations and try to fix them before they become problems. Speak up if we're doing something that's incorrect or unsafe. If you've got a better way to do something, tell your chain of command. Export your best

practices from one department to another, and import best practices from other organizations to our own. I don't pretend to have all of the answers, and neither should you. Everyone's input and effort matters. People are our most valuable resource, and we need to leverage that resource to create a more safe, effective and highly reliable organization. Innovate!

As we take care of our patients, we must also take care of each other. Make good decisions and watch out for your shipmates. Life in the military can be hard. Life in the military in a foreign country can be harder. It's difficult to be separated from family, friends, a familiar language and culture, or favorite hometown hangout. If your shipmate is having trouble adjusting, or the pressures at home or at work are proving to be too much, help them yourself or get someone else to help them. We're a team, and every team member is important.

As a reminder, always be good ambassadors to our Okinawan hosts. When the Okinawans see you, they see America. How you behave matters. Please don't forget that.

I'm proud to serve as your XO, and excited by the opportunity to work with each of you. I'm confident that we will be the first choice of our patients for their healthcare, and the first choice of our staff as a place to work. We are U.S. Naval Hospital Okinawa, and we always strive to be the best!

Editor's Note: Capt. Korsnes is a native of Plymouth, Mich., and his previous assignment was at Naval Medical Center San Diego. Read his biography online: www.med.navy.mil/sites/nhoki/Pages/Leadership.aspx.

CMC: Brilliant on the Basics

CMDCM (FMF/SW/SS) Christopher L. Hill, Command Master Chief, U.S. Naval Hospital Okinawa

Congratulations to USNHO's newly selected Chief Petty Officers: HMC (Select) Daniela Deitsch from the OR; HMC (Select) Rodolfo Guerrero from Internal Medicine; HMC (Select) Aaron Ocampo, Pharmacy; HMC (Select) Michael Stanley of Staff Education & Training. We also have two shipmates selected for Chief that have orders to USNHO, HMC (Select) Summer Perez from 1st Medical Bn, she just reported aboard last week and HMC (Select) Edgard Afable from 3rd Medical Bn, he will report in January 2015.

CPO 365 "Phase II" is an exciting time for all of them as they learn about their new leadership roles; the awesome responsibilities and exciting opportunities that come with the privilege of donning the uniform of a Chief Petty Officer. Well-deserved for all of them, and I look forward to seeing them do great



things for our Sailors.

For those of you that were not selected this cycle, keep charging! Keep doing what you do and your time will come. Keep the mission first, take on the challenging assignments, and stay focused on providing quality leadership and continue to build Sailors by seeing to their professional development, career progression, and overall well-being.

As leaders, we all need to be aware of the foundation that supports a successful career in the Navy. This foundation is known as "Brilliant on the Basics, and is based upon six key areas where we can set the tone for our Shipmates' Navy experience. MCPON Mike Stevens stated, "We must make every effort to prepare our Sailors for success from day one, and to continuously create the right conditions for that success—being *Brilliant on the Basics* creates a solid foundation upon which every successful career is launched and provides a

Continued on Page 15



USNHO Commanding Officer Capt. Swap (far right), Executive Officer Capt. Korsnes (second from left) and Command Master Chief Hill (far left) pose with the Senior Sailor/Junior Sailor/Bluejacket of the Quarter nominees. See the personnel of the quarter on Page 15. (U. S. Navy photo by Mass Communications Specialist 3rd Class William McCann/RELEASED)

Chaps: Calling All Volunteers!

Lieutenant Commander Russell A. Hale, Command Chaplain, U.S. Naval Hospital Okinawa

Pastoral Care Services Department is pleased to announce we are organizing ongoing Community Relations projects (COMRELs) that will allow hospital staff of all ranks to foster goodwill with our host nation and to provide an avenue for our staff to get out and experience more of the Okinawan Culture through personal interaction with the local community.

Currently, each event is designed to accommodate up to five sailors per event, but don't worry, these are multiple events planned to be ongoing each month so everyone who wants to participate should have no problem finding a slot to do so.

Our current COMREL opportunities/information are as follows:

Okinawa Rehabilitation Medical Center in Okinawa City. Total of five volunteers are needed to help the patients (children ages 1-4 years old) with recreation activities like performing skits, pushing their wheel chairs, holding their belongings, talking and cheering them up. All needed material/equipment will be provided.

- *Wed Sep 17 8:45 a.m.—*



noon; Visit clinic for the disabled (children)

Local Elementary Schools. A total of five volunteers are needed to teach English and practice English conversation with the local students taking English classes in their school. All needed material will be provided.

- *Wednesday, Sept. 3: 3:00 p.m.—5:00 p.m.; English teaching @Chatan-Daini Elementary School*
- *Thursday, Sept. 4: 2:30*

p.m.—5:00 p.m.; English teaching @Hamagawa Elementary School

- *Wednesday, Sept. 24: 3:00 p.m.—5:00 p.m.; English teaching @Chatan-Daini Elementary School*
- *Thursday, Sept. 25: 2:30 p.m.—5:00 p.m.; English teaching @Hamagawa Elementary School*

Sign-up sheets will be maintained in Pastoral Care Services Office so after securing permission from your appropriate supervisor to participate, come on by our offices to sign-up.

Remember, this is a command sponsored event so all volunteers will be in appropriate civilian clothing and will muster prior to departure for accountability purposes.

Pastoral Care Services will provide transportation to transport volunteers to and from each event.

For more information, Religious Program Specialist 3rd Class(SW/AW) Perez is the point of contact. Please feel free to contact her at marieantonette.perez@med.navy.mil or call us at 46-7394.

The Grapevine

*An authorized command publication of
U. S. Naval Hospital Okinawa, Japan*

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Executive Officer

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The Grapevine, published by the U.S. Naval Hospital Okinawa Public Affairs Office, is an authorized publication for members of the military service. Contents and views expressed in the Grapevine are not necessarily endorsed by the United States Government, Department of Defense or the United States Navy.

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Find us on Facebook:
www.facebook.com/usnho

Ombudsmen: Meet Stephanie and Nika

Stephanie Scilabro-Beigh and Nicole "Nika" Speitel, Command Ombudsmen, U. S. Naval Hospital Okinawa



Stephanie Scilabro-Beigh

Greetings, I'm Stephanie Scilabro-Beigh. My husband Andrew and I are from Florida and recently transferred here to Okinawa in the beginning of April. I have been a Navy spouse since my husband joined five years ago and we were stationed at Naval Station Mayport in Florida for four years before transferring here. We are both outgoing and so far have seen much of the island since our move here three months ago.

Volunteering as an Ombudsman has been an amazing opportunity so far and I am looking forward to the next three years here on island. I enjoy having the ability to help spouses who are both new to the Command and the island and also extending a helping hand when I can.

I'm very approachable and love making new acquaintances, so don't ever hesitate to come up to me or our office, even if it's just to say hi.

Hello everyone, I'm Nika Speitel. My husband James and I are originally from California, and have been in the Navy for almost 11 years. We've been stationed at Naval Nuclear Power Training Command in South Carolina, on the USS Ronald Regan (CVN-76) out of Coronado, California; Nashville, Tennessee for DUINS (for the husband's Masters degree from Vanderbilt University), and Naval Hospital Portsmouth, Virginia. Our arrival to Okinawa was recent, we've only been on island since mid-April. Our first child, Victoria, was born here in our awesome Okinawan Naval Hospital on July 9th.

I volunteered to be an Ombudsman because I enjoy helping people. I've always been the type of neighbor to introduce myself to new people and to help other Navy spouses find their way around a new command. Also, this position should help me to get to know the island quickly and thoroughly.

I very much look forward to assisting anyone who would like to come visit our office!



Nicole "Nika" Speitel

MCCS Okinawa TOURS+ Upcoming Highlights

Local Tours

- Shuri Mid-Autumn Celebration, Sept. 6
- Kerama snorkeling trip, Sept. 7 & 27
- Urashima Dinner Theater, Sept. 12
- Yanbaru Mangrove Kayaking, Sept. 13 & 28
- Hiji Falls & Okuma, Sept. 20
- Okinawa Battle Sites Tour, Sept. 21
- Japanese Tea Ceremony, Sept. 26
- Spelunking Tour, Sept. 27
- Valley of Gangala, Sept. 28

Off Island Tours

- Tokyo Disneyland, Oct. 9—13
- Run For Your Lives Singapore, Oct. 23—28
- Tokyo Concert Tour (*SlipKnot, Limp Bizkit, Papa Roach and more*) Nov. 14—17
- Classic China Tour, Nov. 23—30
- Sydney, Australia, Dec. 21—29

The TOURS+ office at USNHO, located near the Chaplain's office, is now open Monday through Friday from 9:00 a.m. to 5:00 p.m. Call 646-7013 (or the main office at 646-3502) for more information.

USNHO Code Brown Drill, Aug. 7, 2014

Photos by Mass Communications Specialist William McCann,, U. S. Naval Hospital Okinawa Public Affairs



Mass Communications Specialist 3rd Class William McCann shot some photos on the flight-line during a recent CODE BROWN exercise conducted with a Marine Corps CH-53 Sea Stallion helicopter at the USNHO helicopter landing pad on Aug. 7. (U.S. Navy photos/RELEASED)



Got News?

If you have an event you would like covered, email us or give us a call at 646-7024. Send your news, photos and stories to the USNH Okinawa Public Affairs Office at nhokipao@med.navy.mil.

Helo Operations, June 18, 2014

Photos by Hospital Corpsman 3rd Class Jason James, Command Photographer, U. S. Naval Hospital Okinawa

Hospital Corpsman 3rd Class Jason James, collateral duty Command Photographer for USNHO Public Affairs, recently went on a “ride along” during a medical evacuation exercise with the 3rd Medical Bn. Below are some shots from the interior of a Marine Corps CH-53 Sea Stallion during the flight to move a casualty from the training area to the hospital helicopter landing pad. (U.S. Navy photos/RELEASED)



Science, Service, Medicine and Mentoring

Story by Mass Communication Specialist William McCann, U.S. Naval Hospital Okinawa Public Affairs

CAMP FOSTER — The staff of U. S. Naval Hospital Okinawa hosted students from Amerasian School of Ginowan and Kubasaki High School on Camp Foster during the Science, Service, Medicine and Mentoring (S2M2) program offered at USNHO.

Navy Medicine's vision for the S2M2 program *The S2M2 program is "to cultivate the next generation of top quality, culturally competent academic physicians and scientists."* The hospital program was designed according to Navy Medicine guidelines to be an outreach effort to expose students to

feedback we have been receiving, I think it was very successful."

The students from both schools participated in the week-long immersion program, allowing them to sample a few of the practices and policies utilized by the hospital to treat patients. The students also participated in a physical training (PT) session at Camp Foster's exercise facility Gunner's Gym.

Throughout their busy week, students participated in a number of diverse activities that included classroom lectures, group projects, fitness exercises, Operating Room tours, Pathology laboratory and a field trip to the Okinawa Institute of Science and Technology (OIST), were made possible by hospital and staff volunteers.

One of the program's center points was an exercise that involved putting a cast on each student's dominant arm. The cast had to remain in place for 24 hours before it was removed by orthopedics staff. According to Ofobike, the purpose of the exercise was to give the student an opportunity to experience first hand the physical limitations experienced by an injured patient.



various aspects of the medical profession.

In providing the students a "behind the scenes" access to professional health care, the S2M2 program aims to pique the interest of those who are curious about a career in the field of medicine and the health care industry.

"The program is designed to expose high school students of diverse backgrounds to the behind-the-scenes world of health care in an effort to spark a life-long interest in the medical field", said Lt. Cmdr. Emeka Ofobike, USNHO Associate Director for Surgical Services and staff Orthopedic Surgeon. "From the



Science, Service, Medicine and Mentoring

Photos by Mass Communication Specialist William McCann & Mr. Brian Davis, U.S. Naval Hospital Okinawa Public Affairs



"Working in the hospital was a great opportunity, and great fun", said Josiah Hall, a student at Kubasaki High School. "I liked the bloodwork in labs and the IV's... everything has a proper place."

Saya Brown, a student from Amerasian High School, said that the S2M2 program influenced her possible goal of a pharmaceutical career.

"The hospital gives good opportunities and I see it as a possible future career," said Brown. "The program was a great experience for me."



(N)ICE Comments from Our Patients

ICE comments from our patients courtesy of Mr. Frank Robertson, U. S. Naval Hospital Okinawa Customer Relations Officer

Dr. Pratt was very helpful throughout my visits. I always felt like he was concerned for my well being. He will be missed.

Excellent service! **HN Robbinszettel** was very helpful, and **Lt. Cmdr. Pittner** was extremely thorough and explained everything in great detail.

The entire **Physical Therapy Department** staff is awesome!

Lt. Cmdr. Ofobike was fantastic. His bedside manner is one of the best I've ever seen. He was funny, attentive, caring and knowledgeable.



Lt. Cmdr. Emeka Ofobike

The entire staff was friendly and professional and put patient at ease. I would especially like to commend **HM3 Gatlin, HM3 Williams, and HN Pacheco** for their outstanding service!

I have to submit a comment on **Ms. Shibata** in Patient Administration. She has been most helpful and professional with helping me to get a copy of my medical records. We left Okinawa in March 2014 and needed a copy of some missing records. The base I'm currently at had been having difficulties getting what I needed. But, all I had to do was email NHOKIPAO@med.navy.mil. I received an email the next business day and had the whole situation taken care within a week.

Lt. Cmdr. Cardoso is a wonderful surgeon. Very kind with a great bedside manner, treats you like family. Thank you for giving me back my life.

Everyone in **Internal Medicine** was professional & courteous, from the front desk clerks to the Corpsman, to the doctor. A big round of applause for everyone in internal medicine. There's a positive energy there among its workers and it resonates with the patient.

HN Ciccone helped fix my medical record. Great customer service.

HN Court & HM3 Gritsonis immediately helped me and were very professional. They were friendly and caring by taking the extra time to help me with CDC paperwork and shot records. Thank you I appreciate your help.

Filled a prescription at the pharmacy. Both **Ms. Reeves** and **Lt. Cmdr. Byrd** took great care of me.

HM2 Hunt is by far the Best Corpsman I have ever been treated by.

HM2 Campos was able to help on short notice even though I had no appointment.

HN Murillo, HN Glasscock, HM3 Phillips were extremely helpful and had amazing attitudes.

HM1 Zickmund and **PS2 Reyes** are always helpful.



HM1 Sondra Zickmund

HN Stevens went above and beyond to take care of me. He located my medical record when no one else could.

(N)ICE Comments from Our Patients

ICE comments from our patients courtesy of Mr. Frank Robertson, U. S. Naval Hospital Okinawa Customer Relations Officer

First time visiting the **ENT Department** and it was a great experience. Staff was very professional and helpful. Thank you!

As always the **Optometry Department** at USNH Okinawa came through with superior service, warm enthusiastic care, and expert knowledge. I've paid hundreds of dollars and not received service this good.

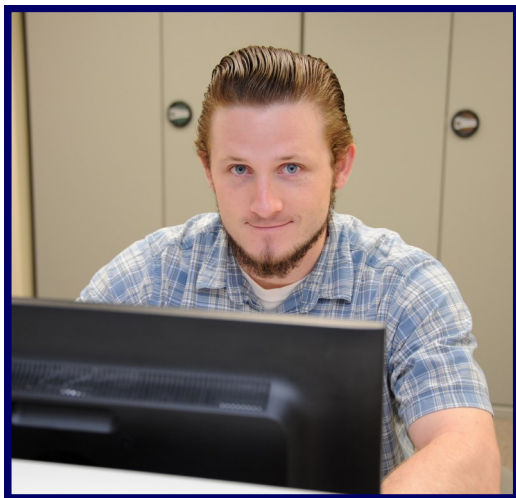
Ms. Koenig did an excellent job in helping me and my family with our needs. She was fantastic,

Special thanks to the nursing staff during [my child's] inpatient stay. Shout-outs to **Lt. Reaves, Lt. Kim, RN Ginez and RN Gayosso**. Outstanding corpsman support from **HN Bond, HN O'Connor, HN Jackson and HM3 Tingling**. Thanks, team.

Ms. L. Davis was extremely helpful. Excellent, quick, accurate service. Thank you.

HM3 Ethridge is very helpful. Keep up the good job.

I would like to recognize **Mr. Mullins** for his amazing customer service. During an influx of patients, Mr. Mullins handled the situation in a calm and diligent manner multitasking and meeting everyone's needs. Job well done.



Mr. Shawn Mullins

RN Campbell is amazing, compassionate, kind and wonderful. A true asset!

I just wanted to thank **HN Lopez and HN Gill**. I have gone to lab on two separate occasions and both are phenomenal, fast and pain free at taking my labs. I always feel at ease knowing they're collecting my blood samples.

Mr. Cauguiran is fantastic.



Mr. Arnel "C.J." Cauguiran

Ms. Madden is awesome. Explained how to care for my injury, provided guidance on best way to ease discomfort. Very knowledgeable.

HM3 Ames was very respectful and very helpful, and took care of what I needed. Good Job.

The service and help I received from **HM2 Porter and HN Moore** was excellent. They were both extremely professional. I was more than satisfied with my visit. It was above and beyond what I expected. Thanks to both of them.

Staff Sgt. Hernandez was very thorough and gave me some very useful information. He accomplished all of this in an expedient manner.

Ms. Liquete is awesome! She was very thorough and highly considerate for my needs. She is a true professional at her craft. It was an outstanding visit to the Dental Clinic.

Excellent visit with **Dr. Breshike**.

EDITOR'S NOTE: Some of the ICE comments used in this article may have been edited for space and to ensure patient privacy.

Suicide Prevention Month: Every Sailor, Every Day

Lt. Meagan Soldano, U. S. Naval Hospital Okinawa Outpatient Mental Health

Suicide tends to be a difficult topic to approach. It is often linked to depression, and both topics can be uncomfortable, confusing, and challenging. As a whole, there is still stigma attached to seeking mental health treatment, in particular within the military community. It is not uncommon to be told that you are “broken” if you seek mental health services. Unfortunately, this stigma leads people to have misperceptions about mental health, especially when it comes to suicide prevention and intervention.

As you might expect, individuals with depression are at a higher risk for suicide than those without depression. Many individuals considering suicide experience other symptoms of depression including a sad mood, decreased interests in hobbies, feelings of guilt or hopelessness, low energy, decreased concentration, and changes in sleep, appetite, or sex drive. However, not all depressed individuals attempt, or even consider, suicide.

Everyone experiences fluctuations in mood, including episodes of depression, at some point in their life. Individuals simply differ on the intensity, frequency, and duration of symptoms. The first step of prevention is awareness. It is essential to know what is “normal” before you can know when a response or behavior is “abnormal.” For example, have you noticed that a coworker or roommate has been acting different lately? Has he or she started to neglect self-care by not exercising or eating healthy when normally physical health is a priority? Has he or she been “skating by” with his or her work responsibilities when previously he or she was a top performer? Has this person been out of uniform regulations with regard to haircut or uniform? If this sounds

like someone you know, please take the time to ask that person how he or she is doing, but most importantly, listen to the response. All too often we perform “drive-by” check-ins, meaning we ask someone how they are doing but do not take the time to hear the answer. As most people can imagine, it can feel discouraging, and even hopeless, when no one seems to notice that we are feeling down or care that we are going through a difficult situation.

The Navy’s theme for Suicide Prevention Month this year is “Every Sailor, Every Day.” The idea is to foster an environment in which the norm is to support and care about one another: shipmates looking out for shipmates. While it is a great habit to check on your colleagues, peers, enlisted members, chiefs, and officers when you know they are experiencing a stressor, it is even better to practice engaged leadership and be aware of the day-to-day stressors. Take the time to talk to those around you and find out how they are coping with their overseas tour. Give others support by being a shoulder to cry on, a friend to grab food with, or providing the encouragement to seek more formal care.

If someone you know is struggling to adapt to life in Okinawa or has been experiencing a stressor they feel they cannot manage, please encourage them to seek appropriate help. Again, everyone feels sad from time to time. Okinawa is a stressful duty station for many individuals, especially for those who are at their first duty station or who have never been this far from home. There are numerous options for care on the island including outpatient mental health, community counseling, chaplains, and MFLCs. For more information, please contact us at the telephone numbers listed below.

MENTAL HEALTH RESOURCES

Outpatient Mental Health Clinic
USNH Okinawa, Bldg. 960 Camp Foster
646-7135/7645
(098) 971-7135/7645

Community Counseling Program
Bldg. 439, Camp Foster
645-2915
(098) 970-2915

Pastoral Care Services/Chaplain
USNH Okinawa, Bldg. 960 Camp Foster
646-7394
(098) 971-7394

Military and Family Life Consultants (MFLC)
Camps Courtney, Foster, and Kadena,
645-0826
(098) 970-0826

Marine DSTRESS Line
645-7734
(098) 970-7734
www.dstressline.com

Helping kids start a safe, positive school year

Stephanie Scilabro-Beigh, Command Ombudsman, U. S. Naval Hospital Okinawa

It's that time of the year again! Time to get your young ones back into the routine of another school year, or helping them adjust if they are just beginning their school career.

There are many things to be considered when sending your kids to school, like sports physicals, backpack safety and establishing routines. Help your child feel good about starting or going back to school. Children get nervous about going back to school for a new year or if they are going for the first time.

Point out the positive aspects of school, like seeing old friends or making new ones. If your child walks or rides a bike to school, try to find another child for them to commute together.

Attempt to make it easier for them, attend any orientations and offer to tour the child's school with them, no matter how old they are.

Sports physicals are required if you want your child to participate in any sports event, whether it's through the school or on the base league. Physicals can be scheduled at your family's clinic or Medical Home Port either by itself or as part of a regular well child visit.

Backpack safety is a concern all over, not just here. But there are a few things to consider when helping your child get a new backpack for the school year.

Make sure the straps are padded and that they would fit comfortably on shoulders. Make sure to pack light and distribute their supplies evenly throughout the backpack. Their backpack shouldn't weigh too much and encourage your child to use both straps on their shoulders.

Get a routine down with your child. Make sure there is plenty of time in the morning for your child

to have a good breakfast and get the things needed for school that day.

You can also establish a routine for when your child comes home from school. Make sure there is time set aside for them to sit and complete any homework assignments and suggest breaks if assignments take too long and your child looks fatigued.

Now that school is starting, remember to keep an eye out for children when driving on base, especially in the mornings and afternoon. School buses are running now too, so don't forget to stop when they are picking up or dropping off kids.

School age care (SAC) is also available for kids between 5-12 years old. It's available during duty hours both before and after school, as well as school breaks and teacher in-service days. Programs are available at Foster,

USNHO celebrates MSC anniversary



The USNHO staff observed the 67th anniversary of the U. S. Navy Medical Service Corps in a brief ceremony Aug. 4 in the hospital atrium. The Medical Service Corps was created by act of U. S. Congress on Aug. 4, 1947. Above: Cmdr. Martin Kerr, USNHO Director of Administration, addresses the audience; Right: Lt. Jacob Valla and Cmdr. Michael Feeser cut the ceremonial cake. (U. S. Navy photos by Mass Communications Specialist William McCann)

Sailors of the Month recognized

Photos from the USNHO Sailor of the Month Recognition Breakfast by U. S. Naval Hospital Public Affairs

July 2014



HN Herrle



HM2 Croom



HM2 Maldonado



HM3 Shedd



HM3 Gapusan



HN Ferguson



HN Gupiteo



HN Lord

August 2014



SrA Wilson



HM3 Favors



HN Glasscock



HN Wybenga



HN Carpo



HM3 Morris



HN Showalter



HN Nez

Personnel of the Quarter, 3rd Quarter, FY-14



HN Lindsay Nelson
Bluejacket of the Quarter



HM2 Alec Carlson
Junior Sailor of the Quarter



HM1 Kowalskee Saguin
Senior Sailor of the Quarter

Command Master Chief (continued from Page 3)...

roadmap to success.”

MCPON Stevens uses the acronym SAILOR to illustrate the principles of *Brilliant on the Basics*. He’s also made it clear that he expects every Chief Petty Officer to understand and apply these principles on a daily basis: Sponsorship, Assignment, Indoctrination, Leadership, Ombudsman, and Recognition.

Sponsorship. The key to a smooth transition is through a solid command sponsorship program. Our responsibilities begin the day a Sailor and his or her family receives a set of orders. A proactive approach by a sponsor and the command Ombudsman can iron out any transition issues early on before the family even gets on the plane. It also makes the family aware that they are important to the command and that we are here to help.

Assignment. This is the formal assignment of a mentor through a command program. Establishing and developing command guidance for a mentorship program will allow for continuity and structure.

Indoctrination. Newly reporting Sailors need to attend a solid orientation program that provides

them with the tools to integrate into their new environment.

“Indoc” is also where we communicate our mission, policies, standards, and expectations.

Leadership. Good leadership means getting involved with the personal and professional development of our Sailors. Career Development Boards (CDBs) are not only required, but they are also an indispensable tool for key leaders to formally meet with Sailors at regular intervals to provide information, education and career guidance.

Ombudsman. Volunteers that provide information and referral services and keep vital lines of communication open between the command and family members. Although Command Ombudsman is not a paid billet, it is a key component of a unit’s command structure, and is essential to the Command’s commitment to the well-being of personnel and their families.

Recognition. I wholeheartedly agree with MCPON Stevens’ observation that the power of positive leadership is infectious, and as leaders we have the tools of recognition available

to reinforce and appreciate outstanding performance. Recognition can be in the form of medals and letters of appreciation when deserved, but don’t discount the value of public praise and letting your Sailors know they are valued and their hard work is appreciated.

These six cornerstones of “Brilliant on the Basics” give us a framework of tangible steps to make us more effective in educating, developing, and guiding the careers of the next generation of leaders, but that’s not all. *Brilliant on the Basics* is also about developing a climate where our Sailors and their families know that we value their contributions and want them to succeed, whether they are in for a single enlistment or a full 20 or 30-year career.

In closing, I am always available as well as your direct chain of command to provide guidance and other resources if the need arises. Thank you to all Staff members for your continued support, stellar leadership and paving the way for our Sailors success and making this the best Military Treatment Facility.

Milestones



HM2 O'Brien reenlistment



HN Laxina NMCAM



HM3 Butler frocking



Lt. Gerena-Santiago promotion



Capt. David Bloom & Cmdr. Tammy Bloom MSM

